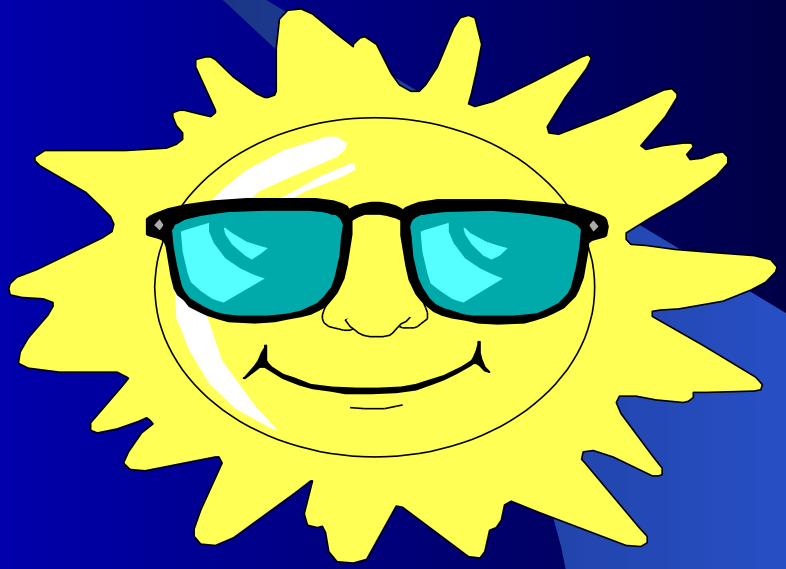
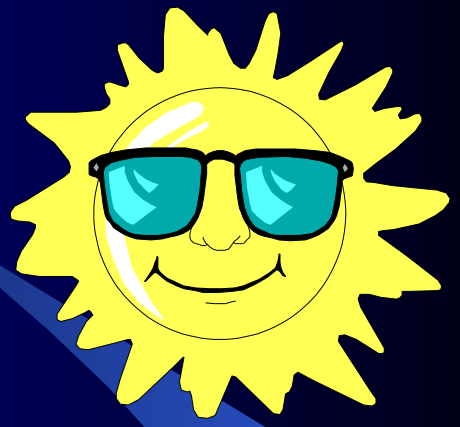
TSgt John Cleary

375 Wing Safety

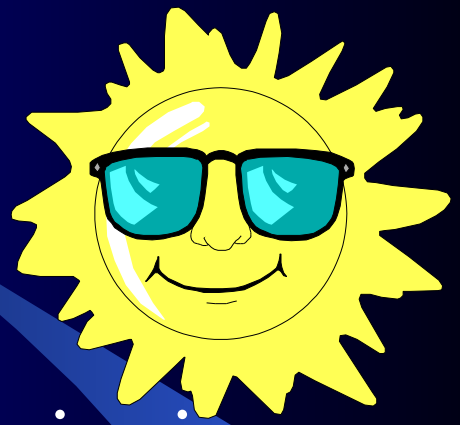


Introduction



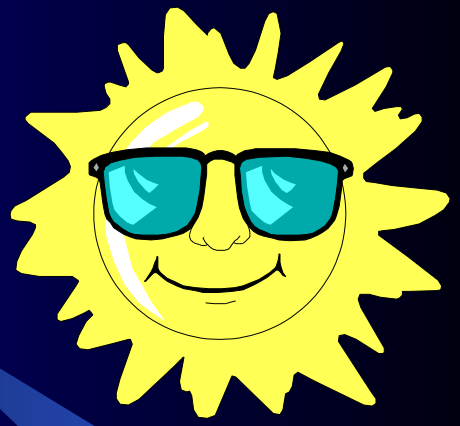
- Heat related illnesses / injuries
- Identification / Treatment
- People are treated each year at Scott AFB for heat related illnesses

Agenda



- Heat related illnesses / injuries
    1. Sunburn
    2. Heat Cramps
    3. Heat Exhaustion
    4. Heat Stroke (Sun Stroke)

Overview



- Heat related illnesses are serious
- Knowing what to do can save your life

Sunburn

- **Symptoms:** Skin redness and pain, possible swelling, blisters, fever, headaches.

- **First Aid:** Take a shower, using soap, to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention

Heat Cramps

- **Symptoms:** Painful spasms usually in leg and abdominal muscles. Heavy sweating.
- **First Aid:** Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.
- WATER

Heat Exhaustio

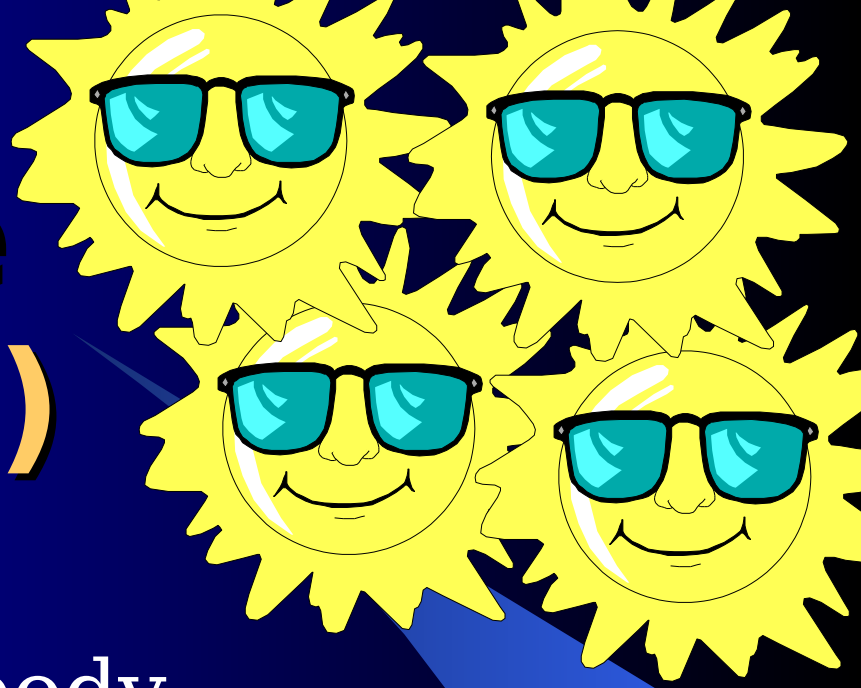
- **Symptoms:** Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.

Heat Exhaustion

- **First Aid:** Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

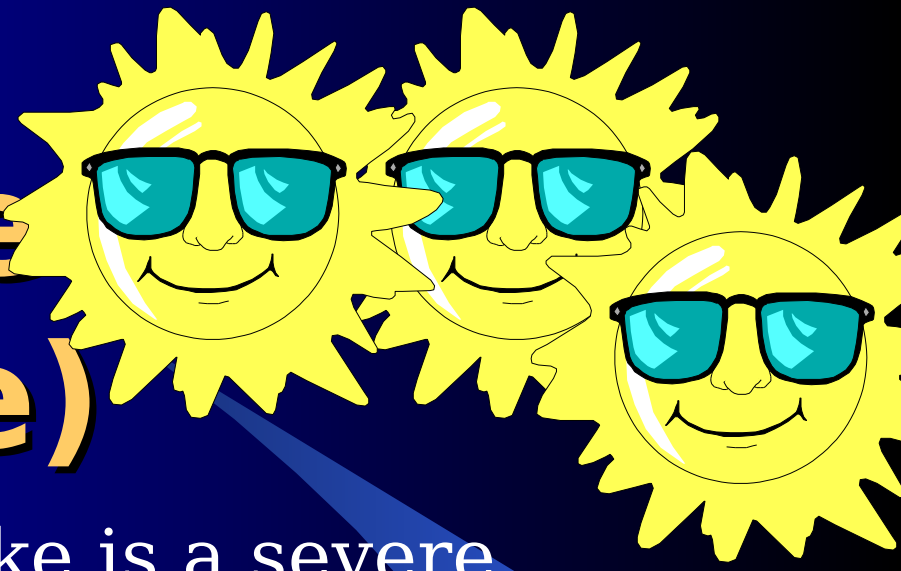
- Water

Heat Stroke (Sun Stroke)



- **Symptoms:** High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.

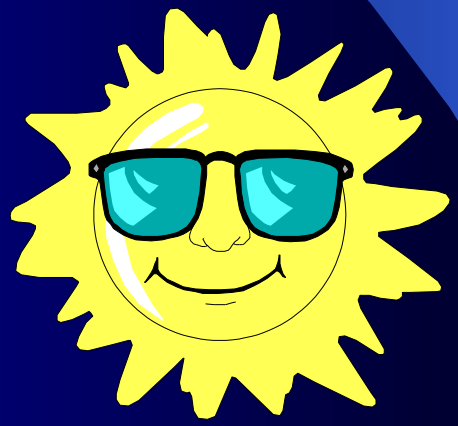
Heat Stroke (Sun Stroke)



- **First Aid:** Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. **DO NOT GIVE FLUIDS**.

Heat Stroke (Sun Stroke)

- Water ???



Summary

- Symptoms of heat related illnesses
- First aid treatment

- Questions ??